



Common discharge instructions translated

COMMON INSTRUCTION		PLAIN LANGUAGE TRANSLATION
Take this medication 4 times a day	1	Take this pill with breakfast, lunch, and dinner, and at bedtime
Go see your primary caregiver within the next seven days	2	You need to have an appointment with a doctor who knows you by next Monday
A low sodium diet is required	3	You need to eat less salt
Fatigue is to be expected	4	It is normal to feel tired
Do not take any NSAIDS with this medication	5	Don't take advil or aspirin
Have no more than 240 mL of fluid with each meal	6	Don't have more than one cup to drink at each meal